



THE
HIKING
CLUB

How to prepare for a legendary hike in the Alps

The Alps host some of the most well-trodden hiking trails in the world... but that doesn't mean they're easy! Start preparing for a legendary trail in the Alps by setting these goals.



MOUNTAIN STRENGTH

Build your climbing fitness so you can hike two mountain passes in one day wearing a backpack.

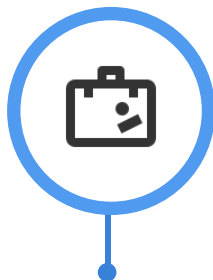
[Check out these exercises to build strength.](#)



MOUNTAIN ENDURANCE

Increase your 'time on feet' so you can comfortably hike the longest day on the trail.

[Try these tips on how to improve hiking stamina.](#)



WHAT TO PACK

Create a lightweight packing strategy with all the essentials for safety and confidence.

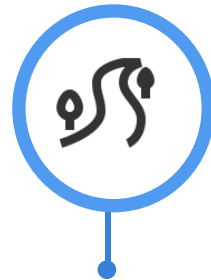
[Download a starter packing list.](#)



NUTRITION & HYDRATION

Develop good nutrition and hydration habits before and during your hike.

[Read more on how to manage your hydration effectively.](#)



EXPERIENCE ALL TERRAIN

Build experience on a variety of terrain types and conditions to be ready for all sections of the trail.

[Get to know the landscapes of the Swiss Alpine regions.](#)



HIKE IN ALL WEATHER

Make confident decisions on clothing and alternate routes for all weather.

[Get familiar with this introduction to weather in Switzerland.](#)

Ready to start hiking?

Keep an eye on your inbox for 3 hikes to build your fitness and experience in the Alps this summer.



THE HIKING CLUB
Easy planning, confident navigation



VISIT...

LANZAROTE
Caliente.COM